

# DINNERLY



## Balanced Spicy Vegetarian Gumbo with Barbecue Tofu and Freekeh



30 minutes



2 Servings

Originating in Louisiana, gumbo is part soup, part stew. This vego version combines smoky tofu, capsicum, celery and nutty wholegrains for a hearty winter warmer.

## WHAT WE SEND

- 125g freekeh <sup>1</sup>
- 1 onion
- 1 red capsicum
- 1 celery stalk
- 200g smoky barbecue tofu <sup>1,6</sup>
- 5g Cajun spice blend <sup>17</sup>
- 400g diced tomatoes

## WHAT YOU NEED

- 2 tbs tomato paste
- 2 tbs soy sauce <sup>6</sup>
- 430ml (1¾ cups) boiling water
- 1½ tbs olive oil
- 2 tsp honey

## TOOLS

- medium saucepan with lid
- large saucepan

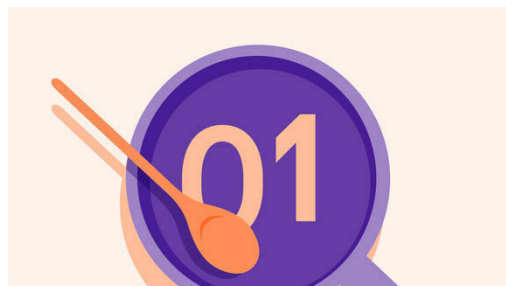
Our veggies come straight from the farm, so please wash them before cooking.

## ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

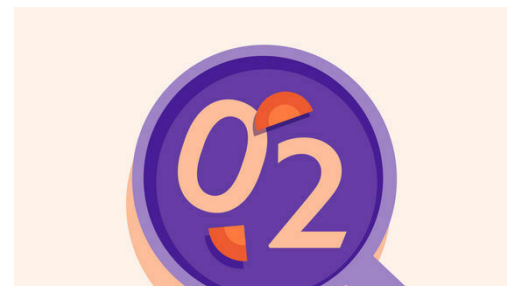
## NUTRITION PER SERVING

Energy 685kcal, Fat 26.4g, Carbs 81.1g, Proteins 28.4g



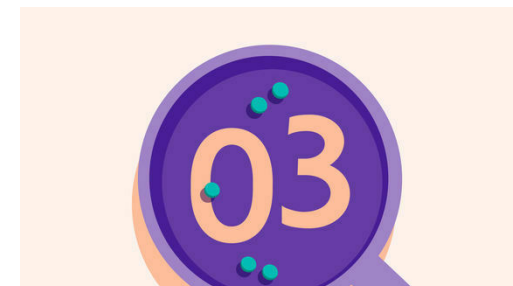
### 1. Cook freekeh

Fill a medium saucepan three-quarters full with water and bring to the boil. Cook the **freekeh**, partially covered, for 18-20 mins until tender. Drain and rinse under cold water.



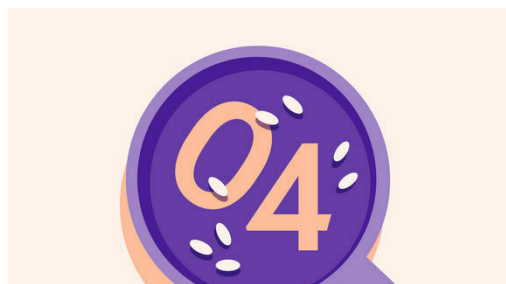
### 2. Prep ingredients

Meanwhile, thinly slice the **onion**. Cut the **capsicum** and **celery** into 3cm chunks. Quarter the **tofu** pieces. Put **2 tsp Cajun spice blend**, **2 tbs tomato paste**, **2 tbs soy sauce** and **430ml (1¾ cups) boiling water** in a heatproof jug and stir to dissolve.



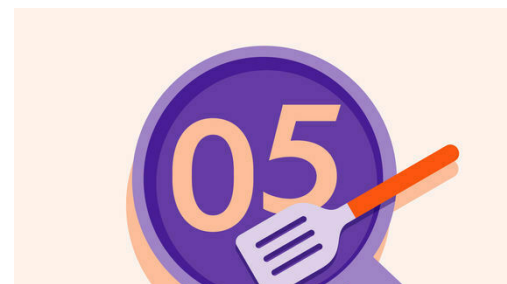
### 3. Warm tofu

Heat **1 tbs olive oil** in a large saucepan over medium-high heat. Cook the **tofu** for 2 mins each side or until golden. Remove from the pan.



### 4. Simmer gumbo

Heat **2 tsp olive oil** in the same pan over medium heat. Cook the **onion**, stirring, for 3 mins or until softened. Add the **capsicum** and **celery** and cook, stirring, for 2-3 mins until just tender. Stir in the **stock**, **tomatoes** and **2 tsp honey** and bring to the boil. Reduce the heat to medium and cook, stirring occasionally, for 10 mins or until the sauce is slightly thickened.



### 5. Serve up

Add the **freekeh** and **tofu** to the gumbo and cook for a further 2 mins or until warmed through. Remove the pan from the heat. Taste, then season with **salt and pepper**. Divide the **gumbo** among bowls and enjoy!



### 6. Did you know?

Gumbo is a speciality of Louisiana cooking, although its origins trace back to French, Spanish and African cultures. There are countless versions, some made with seafood or meat while others include okra, which helps to thicken the stew. And that's how the dish got its name – 'gumbo' is derived from the West African word for okra.